

NUTRITION

Healthy Children - Healthy Choices

As a parent, your responsibility is to buy healthy groceries and serve nutritious food to your growing children. Start by establishing a routine, even if it is difficult at first. This means a set time for breakfast, lunch, dinner, and snacks. Once you have a routine for meals and snacks, meal times are more relaxed. Most children are happier on a schedule and become hungry at regular times. You'll feel happier about your parenting job when the family has a routine.

- So, be consistent! Children need a meal routine just like they need a bedtime routine. Plan for three meals and two snacks each day! Serve a vegetable or fruit at every meal. Fruits and vegetables are great for snacking too.
- Instead of rewarding your child with food, reward them with attention (hugs, kisses, and smiles) and playful activities.

Portion Size for Young Children 2–6 Years Old

Serve child-sized portions, and let your child ask for more. Here are some examples of child-sized portions:

- 1/3 to 1/2 cup of frozen veggies
- 1 or 2 little cooked broccoli spears
- 1/2 cup of tomato sauce
- 5 to 7 cooked baby carrots
- 1/3 to 1/2 cup of melon
- 5 to 7 strawberries
- 1/2 cup of apple sauce
- 1 small tangerine
- 1/3 to 1/2 cup of frozen or fresh berries
- 1 cup (8 fl. oz.) low-fat yogurt or nonfat milk
- 1/3 to 1/2 cup of macaroni-and-cheese, rice, pasta, or mashed potatoes
- 2oz. hamburger
- 1/4 cup ground meat such as turkey or pork, browned and drained
- 1 or 2 drumsticks(depending on the size)

Source: Centers of Disease Prevention and Control

